

LOCAL NEWS

■ **BREAST CANCER:** You have to 'fight like a girl,' says survivor Brittny Turasz

The battle of her life

GRANT LAFLECHE
QMI Agency Niagara

ST. CATHARINES — It's the little things, the everyday things, that Brittny Turasz will have to adapt to.

Having a job. Not feeling exhausted. Going out with her husband. Having hair again.

Maybe even having children.

For 10 months that might as well have been a lifetime, Turasz's existence was a series of doctor appointments and treatment sessions, punctuated by nausea, weakness and the inescapable feeling that the Reaper wasn't far behind.

Surgery. Chemotherapy. Radiation. All to protect her from a particularly aggressive form of breast cancer.

She won't know for some weeks if she is cancer-free. But for now at least, the ordeal is over. Last week, she finished her final radiation treatment at the Niagara Health System cancer centre in St. Catharines.

"I'm very happy and excited, so I think that is making the tiredness. I do still feel very tired. It's a constant tired," she said. "But I am very happy that my journey has come to an end after these 10 long months. I have to get back into the swing of things, and get used to going back to work and living my life as it was before."

"But it will never be the same. This has changed me forever." Turasz, 29, looks for-

ward to a future that might never have been within reach but for the chance discovery on Christmas Day 2012, a mere six months after she married her husband Mark.

It was idyllic by her description. A nearly Rockwellian depiction of a family Christmas. Then she felt her chest.

"I was adjusting my bra strap when I noticed it, the lump was high up, over my breast, which I thought was odd. I mean, don't you get breast cancer in your breast?" Turasz said.

"Right away, I had this really dark, ominous kind of feeling in me that it wasn't good." Her instinct was correct.

Her doctor was concerned enough to order scans and a biopsy, which confirmed the worst. The lump wasn't just breast cancer but two particularly nasty and aggressive variants of the disease. Her doctors wanted to hit the cancers fast and hard.

She knew chemo might make her weak, but Turasz was unprepared for how much of her strength and vigour would vanish into the ether.

After one chemo session, she collapsed while trying to walk.

"I knew then that I had no choice but to take it easy for a long time," she said. "I was a newlywed, we were thinking about having children but we had to say we will be putting that off and your life goes on hold."

All but two of her chemo

treatments were done in St. Catharines. The others were done in Windsor, where Turasz was part of a clinical study — all part of her oncologists attempt to strike as hard as possible at the cancer. Her preference was to be treated close to home. The trip to Windsor and back exhausted her already weakened body.

She took drugs designed to mitigate the side effects of chemo, and other medications to blunt the side effects of those drugs.

"The anti-nausea meds weren't even enough for me," she said. "I had the best two anti-nausea meds and it wasn't working so I needed the IV Dr. (Janice) Giesbrecht (the head of oncology at the NHS) treated me very aggressively."

Compared to the long hours she had to spend hooked up to tubes several times a week during her chemo treatments, the radiation that followed was easier. Or at least less time consuming.

"Most of the time you spend in radiation is the set up, getting you ready for the treatment," Turasz said.

She has three "unasked for and unwanted tattoos" on her upper body — small dots used by the radiation therapist to accurately aim the energy.

"But the treatment itself only lasts two or three minutes. It's really quick."

See **Survivor page 3**



GRANT LAFLECHE/QMI AGENCY NIAGARA

Brittny Turasz says you have to be strong to beat cancer

■ **SURPRISE**

Site held a new surprise

From Page 1

More than 100 Port High students performed, volunteered and served up tea and freshly-baked scones to the many visitors who strolled through the doors. Guests were also treated to performances by the Port Colborne Operatic Society.

The partnership for Doors Open allowed the Blue Bears to showcase their skills and

connect with the community, said arts and culture department head Amy Converset, who helped to organize the event.

Introducing the younger generation to the 150-year-old facility is key to its survival, said Friends of Roselawn member Nancy Misener, who was thrilled with the partnership with the local high school.

She was also excited by the steady flow of visitors from all ages and all walks of life who wandered through the building this weekend.

It showed, she said, the significant progress that has been made in the year since the facility was facing potential closure.

City community services manager Harry Hakim said activity at the centre is up 70%

over last year. Bookings are already being made well into 2014, a trend Hakim hopes to see continue.

Roselawn Centre, along with the Port Erie LaFrance Association Museum, were the only south Niagara facilities to participate in this year's Doors Open Niagara tour.

Maryanne.firth@summedia.ca

LOCAL NEWS

■ SURVIVOR

Turasz's ordeal is over for now

From Page 2

Quick, but no less easier to live with it afterward. Her skin dried out, and sores developed in her mouth.

"They gave me meds for that which helped and, of course, I needed other drugs for the side effects."

As punishing as it was, Turasz said she endured it with as much of a smile as she could. She really had no other choice.

"I said to myself I would do whatever I had to get through this," said Turasz, who relied heavily upon the strength of her husband — who had to inject her 80 times in the abdomen with Neupogen, a drug to boost her white blood cell count, during chemo — and mother Darlene Calvert.

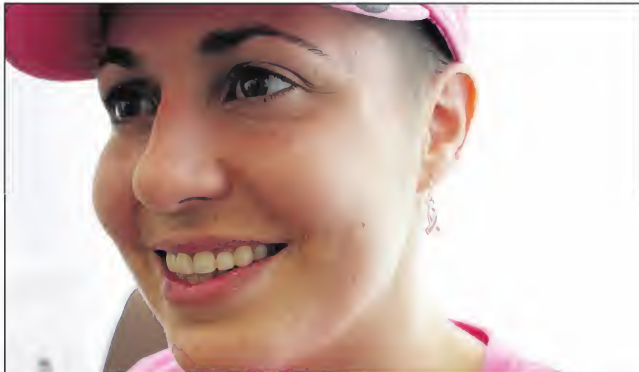
"She had an inner strength I never expected. It lets me know I've done well. I've raised a good young woman here," said Calvert, sitting with Turasz.

The treatments are over, but that doesn't mean Turasz's life is entirely her own. Follow-up medical appointments will be routine for years. But for now, she can at least revel in the end of her ordeal.

"I just want other people who are facing this to know you can get through it," she said.

Breast cancer remains the most common diagnosis of cancer in Canadian women over the age of 20. One in four cancer diagnoses are breast cancer and, behind lung cancer, is the leading cause of cancer deaths among women.

One in nine Canadian women will develop breast cancer in their life time and one in 29 will die from it.



GRANT LAFLECHE / QMI AGENCY NIAGARA

Britney Turasz, during treatments in hospital when she lost her hair.

However, early detection and improved treatment methods have reduced cancer fatalities by 42% from its peak in 1986. It is why there continues to be a push for women to do self exams and get regular mammograms.

While breast cancer is most common in women over the age

of 50, younger women are no immune. Some 18% of all new cases are from women under 50. Moreover, breast cancers that strike younger women are often more aggressive and have to be treated faster and harder.

Niagara Health System has three full service Ontario breast

cancer screening centres at Welland, Niagara Falls and St. Catharines hospitals. At the smaller Port Colborne and For Erie NHS sites, there are satellite clinics where appointments for screenings can be made.

Nearly 17,000 screens have been done through these clinics

in 2012-2013. The new cancer centre in St. Catharines provides both chemotherapy and radiation therapy for those who need it, all but eliminating the need for patients to travel out of the community for radiation treatment.

The recently opened radiation suites have treated about 60

patients, who have been treated 1,000 times.

The NHS says women aged 50 and up and call directly to make an appointment:

Port Colborne at 905-835-5842 and Welland at 905-732-5434.

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■ our view

Not just Welland

His John Deere jacket gave him away.

While taking the front photograph of an old factory building being demolished in Welland, the photographer was approached by a grey-haired man who wanted to chat.

"I've been taking pictures once a week or so as they tear that building down," said the man, who had just left a nearby breakfast joint with a couple of friends.

He was asked if he had worked at the John Deere factory in Dain City before it closed down in 2010, putting 800 people out of work. Not surprisingly, he had.

Sun Media Niagara launched a three-part series on the plight of small towns hammered by factory closures and a declining farming industry. Thousands of people like the curious man in the John Deere jacket have been left to fend for themselves.

"It's sad seeing these old factories coming down," the photographer said.

The man's response was surprising.

"These buildings are 100 years old," he said, "they need to come down. But the city needs to figure out something to replace them with."

Welland is trying to reinvent itself as a home for green energy and flatwater sports. How well that reinvention is going is up for debate.

All across Niagara, cities and towns are being forced to take a long, hard look at how they can be sustainable in the long term. Niagara must realize that big industry is gone, and likely won't ever come back. With few exceptions, the days of single businesses employing 1,000 or more people are behind us.

We need to figure out our economic strengths—like tourism, agriculture, technology and green energy—and focus heavily on the huge number of small, efficient and innovative companies that are leading the way.

Niagara will be stronger if the foundation of our workforce is made up of hundreds of businesses employing smaller numbers of people rather than a few companies employing thousands.

In peace. Serve the Lord

REV. THOMAS ARTHUR
First Evangelical Lutheran Church

The very last words of our Sunday worship services are when the Assisting Minister says, "Go in peace. Serve the Lord." Then the congregation responds, "Thanks be to God." This comes at the very end, after the Bible readings, after the preaching, after the praying, after Holy Communion, after all the singing. I'm guessing that for some people, maybe a lot of people, maybe all of the people, they're just some words to get through before we can head home or head over to the fellowship hall for a coffee.

The words of dismissal are just that, words that send us, that dismiss us from our time of worship. But we don't go because it's finally over. We don't go because we've had enough. We go because we have an assignment. We have work to do. We are sent to serve the Lord. Sometimes we change the wording and replace "Serve the Lord" with "Share the good news," or "Remember the poor."

So what is our homework, our assignment as we hit the road and go back to our everyday lives? The Bible story is the Jesus story, about how people serve him. He says, "I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing. I was sick and you

took care of me, I was in prison and you visited me" (Matthew 25:35-36).

The question that trips everyone up, those who did these things and those who didn't, is just when did we see Jesus like that and help him, or not help him? His answer is that whenever we do these things for anyone in need we do it for him. So for the followers of Jesus, doing whatever we can to help the poor, the hungry, or the lonely shouldn't be a chore. It's a privilege. If we love Jesus then we'll be overjoyed to feed the hungry, clothe the naked, and welcome the stranger.

Our church is participating in a sweater drive, collecting new and gently used sweaters to send to Syrian refugees who are facing a cold winter in the Za'atari refugee camp in Jordan. These people have fled the violence of the civil war in their country with nothing but what they could carry. They are living in tents facing harsh conditions. And we have so much. Even if we're not rich by our country's standards, many of us have more than we can use. I went through my closet and pulled out at least half a dozen sweaters to donate and I probably still have more than I really need. Our sweater drive ends this Sunday, October 27 so that the sweaters can be shipped in time for winter.

We also support the Park Creek Reach Out Food Centre. On the first Sunday of each month we put out a special appeal in our

congregation for donations to the food bank. I tell people in our church that spending an extra \$5, \$10, \$20 or more when you go grocery shopping can help feed hungry people in our own community. Next Saturday, November 2 is the annual Lions Food Drive where volunteers will go all over town collecting whatever people can afford to give. Some can give a lot, some only a little. Whatever we can give, it helps our neighbour and when we feed the hungry we do it for our Lord.

Those are a couple of pretty simple ways to serve the Lord. You could probably think of more. Do you have a lonely neighbour who you could invite for dinner some night, or take out to a movie? What other ways could you think of to relieve someone's loneliness? Maybe after a while serving the Lord in various ways will become second nature, and it will bring you joy just as it helps our neighbours in need. Then when the service ends and the Assisting Minister says those words, "Go in peace. Serve the Lord," we won't just mumble the words. "Thanks be to God" will do a quick shuffle out the door. We'll say an enthusiastic thanks to God for the service we were a part of and with excitement to see just how well we'll serve the Lord in the week ahead.

■ readers' views

WHAT'S ROY'S PROBLEM?

Colorado Avalanche coach Patrick Roy has made a name for himself and has his own rules about how hockey should be played in the National Hockey League. An example was his yelling at the opposition players and their coach recently and trying to break the wall of plastic glass separating the two teams to make his point. He has created his own problem since he was a junior A player and when he was a Montreal Canadiens goalie.

On a related note, we have seen too many hockey fighting problems in the NHL going to a player's head which usually results in a very bad concussion. If the NHL doesn't change the rules to make the game better, you could end up going to a funeral. Head shots are uncalculated for and the NHL has to wake up and smell the coffee before it's too late. Fighting is not how hockey should be played.

ROSICORE BELLY
WELLAND

THE MANY FORMS OF BULLYING

There is a lot to say today on the subject of bullying. Bullying takes many forms and there are commercials on TV, articles in the newspapers, awareness in the school system etc. to try to protect children.

However, when they become a young adult, it is then that we sit back and allow

it to happen? Do we watch other adults destroy a young person's life and say, "Yes, I know it's wrong and my life was disturbed for a short time, but I want to get back to my comfort zone, so why don't they just accept it and 'move on'?"

It's a favourite expression used today as an excuse not to do anything.

But it should be said to the bullies, not the bullied. Does this not contribute to the bully's power?

We are afraid that if we stand up to the bully, he will do the same to us? When did it become a joke to stand up for what's right? By being doctors, we are also being bullies! It does happen to us all. We may one stand up against it with me? What happened to "It takes a community to raise a child"; once they are out of their teens, does the caring stop?

What are your answers to these questions?

CAROL BRETTELL
WELLAND

HAZARDS ON AREA BIKE TRAILS

Are local municipalities or people who maintain the Welland Canal trails trying to kill or injure cyclists by using them?

In all seriousness, the question needs to be asked particularly along the Thorold, Welland and Port Colborne sections of the trail that I rode a week ago.

The number of badly designed so-called safety gates and staggered yellow pole obstructions that impede the passage of cyclists comes as a shock.

So does overkill in the use of the likes of orange, diamond, walk your bike sign at some intersections and at approaches to trail bridges.

The Friendship Trail between Port Colborne and Port Erie and the Niagara River Recreation Trail up to Niagara-on-the-Lake are much more bicycle friendly.

Certainly no old and staggered rusting poles, sometimes in clusters of six, aimed at getting cyclists to dismount and walk. These obstructions should be ripped out pronto as they are a significant safety hazard.

I have biked hundreds of kilometers on trails within Canada and the U.S. and some sections of the Welland Canal trail are the worst I have seen in terms of having so-called "safety" features that just don't work.

If a bike, most cyclists are going to try to slip through any opening, however tight. They don't want the annoyance of dismounting at every intersection, but they will use common sense to stay as close as possible and proceed with caution as trail conditions warrant.

BRIAN DEXTER
GEORGETOWN

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■ **SIGNIFICANT HISTORY:** Major battle took place in Cooks Mills

Canada's last stance

MARYANNE FIRTH
InPort News Staff

WELLAND — Cooks Mills residents now have a place to sit and reflect on the significant history of the Welland hamlet.

A dedication ceremony was held on Saturday to officially unveil the Battle of Cook's Mills Memorial Peace Garden at the corner of Lyon's Creek and Doan's Ridge Rds.

"Today, we not only dedicate these grounds, but also celebrate the 199th anniversary of the Battle of Cook's Mills," Adrian Rittner, vice-chair of the Welland 1812 bicentennial committee, told the crowd of more than 100 people who braved heavy rain to attend.

"This is exactly one year prior to the bicentennial date of the last encounter in Niagara during the War of 1812."

It has been three years since the Welland committee was formed with the common goal of promoting the significant milestone and creating a "long-lasting feature that will remain a legacy," Rittner said.

"This is a memorial garden and a

park that will not only welcome you to a quiet environment, but will offer more — an interpretive walk, a bit of a history lesson on the affairs that happened just along this creek two centuries ago."

The park provides visitors with a clear view of the creek and battlefield where British forces attacked American soldiers encamped on the south side in October 1814.

The Battle of Cook's Mills "was the last action of any importance fought in Upper Canada during the War of 1812 to 1814," Rittner said.

"The war had been continued for exactly 28 months. It also marked the end of the most sternly-contested and bloodiest campaign of the war, which began July 3 of that year and all but completed the devastation of this frontier," he said.

This battle was the last link in the campaign for Niagara. Cooks Mills, Canada's last stance."

Welland is proud to be a part of the network of more than 20 peace gardens created across the country, said Mayor Barry Sharpe.

See Memorial Page 7

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MEMORIAL



MARYANNE FIFTH STAFF PHOTO

Members of the 2nd Lincoln Artillery fired a cannon on Saturday to mark the unveiling of the 1812 peace garden commemorating the Battle of Cook's Mills. The garden is located at the corner of Doan's Ridge and Lyon's Creek Rds.

200th anniversary next year

From Page 6

It's location is ideal, he said, acting as a gateway into the eastern boundary of the city.

"It's nice to make it a pretty place, but it's much more meaningful when you can design a garden that has a story like this one does," said landscape designer Darren Schmahl.

"The whole philosophy behind designing this garden was to keep it simple and let the place tell a story."

The story of the lands will be told more vividly in 2014, when a re-enactment is held at the garden to mark the bicentenary, said

Andre Cecé, chair of the Welland 1812 bicentennial committee.

But to make the event a success, the community's support is needed, he said.

He encouraged those in attendance and the community-at-large to give what they could toward the project.

The committee also needs assistance with the cost to outfit the garden with picnic tables, benches and artifacts, including a replica cannon and rocket launcher, millstones and information panels outlining the history of the area.

Maryanne.fifth@sumedia.ca

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Port Colborne

Food Drive

Saturday, November 2nd, 2013

The Port Colborne Lions will be conducting the yearly Port Colborne Door to Door Food Drive this year on Saturday, November the 2nd. The need is as great as ever, so please give generously! All donations will support the Port Cares Reach Out Food Bank.

Most Needed Items:

Canned Fruit, Canned Meat/Fish, Peanut Butter and Jam, Pasta sauce+Pasta Canned Vegetables, Rice & Side Dishes, Baby Food, Formula, Juice, Baked Beans, Soap, Shampoo, Hygiene Products.

Please Call

905-658-3269 or visit
portcolbornelionsclub.ca

jd.hockley@gmail.com

Our collection teams begin their routes at 10am. Please have your donations available by then.

We are also accepting cash donations to purchase much needed milk, eggs, meat & fresh produce. We will also be accepting Canadian Tire money donations!

Volunteers are needed! No registration or sign up is required. Please join us at the Christian Life Assembly Church at 484 Barrick Road on Saturday, November the 2nd by 9:30 am. Student volunteers will be given full credit towards their OSSD community hours requirements.



THANK YOU, PORT COLBORNE, FOR YOUR CONTINUED SUPPORT!

LOCAL NEWS

■ **DONATION:** Port Colborne church taking in items

Sweaters needed for Syrian refugees in Jordan

Tribune Staff

PORT COLBORNE — First Evangelical Lutheran Church is calling on residents to help Syrian refugees as they get ready to face winter in Jordan.

The church, on Elm St. in Port Colborne, is holding a sweater drive for the refugees and is accepting donations of new and gently-used sweaters.

Men's, women's and chil-

dren's sweaters, sweatshirts, and hoodies of all sizes are needed. The goal is to collect 10,000 sweaters and dispatch them to Jordan in time for winter.

The church is partner-

ing with Canadian Lutheran World Relief and other Lutheran churches across Canada to collect sweaters nationwide.

The sweaters will be distributed to Syrian refugees

living in the Za'atari refugee camp in Jordan. About 125,000 people are in the camp and are bracing for another cold, wet winter.

"Many still live in tents and lack warm clothing after having fled their communities with little more than the clothes on their backs. The harsh weather conditions in the desolate Jordanian desert are another hardship on top of the traumas suffered through the brutal civil war," a release from the church said.

"Every bit of warmth we can provide will make a difference," said Robert Cranke, executive director of Canadian Lutheran World

Relief. "The sweaters will go to the people in the camp who are in the most need."

Donated sweaters can be delivered to First Lutheran Church no later than October 27, so they can be packed and shipped on time.

The church is located at 688 Elm Street in Port Colborne. Please call 905-835-8111 or email firstlutheran-pc@gmail.com to confirm that someone will be available to receive donations.

All sweater donations need to be in transit to CLWR's Winnipeg warehouse no later than October 31. For more information visit www.clwr.org.



PORT COLBORNE

NOTICE TO CITIZENS APPOINTMENTS TO BOARDS AND COMMITTEES

The City of Port Colborne is accepting applications from citizens for positions on the following boards and committees. The vacancies are due to the expiry of current appointments or resignations or insufficient applications in response to prior recruitments. Positions are available on the following Boards/Committees:

- Heritage Port Colborne (Local Architectural Conservation Advisory Committee)
- Environmental Advisory Committee
- Port Colborne Accessibility Advisory Committee
- Port Colborne Historical and Marine Museum Board
- Port Colborne Public Library Board
- Port Colborne Transit Committee
- Seniors Advisory Committee

Appointments to fill expired terms will be for four years. Appointments to fill other vacancies will be for the term of the original appointment. Incumbent members whose terms are expiring are eligible to apply and to be reappointed to the same Committee provided they maintain the eligibility requirements.

On November 10, 2008, Council adopted a policy respecting appointments to boards and committees. This policy establishes the process relating to the recruitment, selection and appointment of members of the public to boards and committees and the City's expectations of such appointees. The policy requires that the successful applicants consent to the release by the City of their name and personal information relating to their education, qualifications and experience which is pertinent to the appointment. Council will release the name of an unsuccessful applicant only with the written consent of the applicant. Please visit the City's website www.portcolborne.ca to access the full text of the policy and a brief description of the mandate of the above Committees, etc.

Unless the terms of reference of the board/committee provide otherwise, applicants must:

- be eighteen years of age or older
- a qualified municipal elector in the City of Port Colborne
- not be disqualified by the Municipal Act, 2001, Municipal Election Act, 1996 or the Planning Act
- not be an employee of the City of Port Colborne or the board.

Applicants must provide sufficient information regarding their qualifications and related experience for Council to make an informed decision. The standard form of application is available on the City's website and/or from the Clerk's Office.

Applications in person, by e-mail or regular mail will be received by the undersigned up to and including November 15, 2013

Ashley Grigg, City Clerk
City Hall, 66 Charlotte Street
Port Colborne, Ontario L3K 3C8
ashleygrigg@portcolborne.ca
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Personal information is collected under authority of the Municipal Act, 2001 and pursuant to the Municipal Freedom of Information and Protection of Privacy Act and will be used only to evaluate the suitability of applicants. Questions respecting the collection of information should be directed to the Clerk of the City of Port Colborne.

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THEATER

Murder and mayhem

Plans are underway to conduct the pure-fect murder.

Port Colborne Feline Initiative is hosting its first-ever murder mystery dinner theatre event, *Murder in Port*, on Saturday, Nov. 2 at St. Patrick's Church hall, 123 King St., beginning at 5:30 p.m.

The script, written and directed by PCFI volunteer Jackie Crow, is filled with "lots of twists, turns and mayhem," said group founder Kristi Mallinson Vogel.

The play will feature Port Colborne chief administrative officer Robert Heil and include characters Mayor Lance

Goodaway and local heiress Cordelia Mellaby.

"With so many worthy causes in our community, we like to try and come up with a variety of different fundraising events that will engage as many people as possible in supporting our work," said Mallinson Vogel. Proceeds from the event go toward PCFI's spay/neuter programs.

Tickets, which are 90% sold out, are \$25, including dinner and the show, and are available at Harmony on West, 264 West St., in Port Colborne.



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■ **NIAGARA FALLS:** Incident took place in May 2012

Cop charged with assault gets probation

ALISON LANGLEY
QMI Agency Niagara

NIAGARA FALLS — A Niagara police officer with more than two decades of experience under his belt and a commendation for quashing crime in Niagara, has been placed on probation for 12 months for assaulting a photographer.

Const. Paul Zarafonitis pleaded guilty in an Ontario Court of Justice in July to assault causing bodily harm stemming from an altercation on May 19, 2012, at Kool Katts Caribbean Restaurant in Niagara Falls.

"His actions undermined the credibility of the Niagara Regional Police and the public's confidence in police," Justice

Fergus O'Donnell said Monday at the 46-year old officer's sentencing hearing.

Court was told Zarafonitis punched photographer Mike Farkas once in the head after he resisted arrest outside the Drummond Rd. bar.

The 32-year-old St. Catharines man suffered serious facial injuries, including a broken nose and broken orbital bone.

The judge — noting Zarafonitis is much taller and "almost double the size" of Farkas — said police do not have "unlimited power to inflict harm."

Farkas was disappointed by the sentence.

"If anyone else were to do this there would be a severe punishment," he said. "They would go to jail."

If anyone else were to do this there would be a severe punishment."

Mike Farkas

Farkas said the assault left him with post-traumatic stress disorder and he is haunted by nightmares and anxiety.

He fears people in uniform, especially police officers.

"He's sworn to uphold the law, not break it," Farkas said of

the officer. "I don't believe he was punished properly."

Zarafonitis' lawyer Andrew McKay had asked the judge to consider granting a discharge, saying his client is a decorated police veteran who is heavily involved in the community through charitable endeavours.

The judge said a discharge

would not be appropriate because the courts must impose a sentence that denounces unlawful behaviour.

"The courts must guard against illegitimate use of power," O'Donnell said, adding such disregard for the law "generates community disrespect of police that could put other officers at risk."

In addition to probation, Zarafonitis must perform 40 hours of community service.

On the night of the assault, court was told, Zarafonitis was one of a number of Niagara Regional Police officers who were dispatched to the bar in response to a noise complaint.

Farkas, who was working as

a photographer for a DJ contest at the bar, was snapping photos as police removed intoxicated patrons from the bar.

The photographer was punched soon after he refused a police request to stop taking pictures.

Farkas filed a \$750,000 lawsuit against the NRP in August 2012.

The lawsuit claims general, special and punitive damages for negligence, assault and breach of the Canadian Charter of Rights and Freedoms.

"The civil matter is still before the courts, Farkas said.

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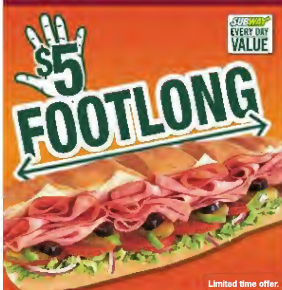
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LOCAL NEWS

Whatchamacallits and Thingamajigs

PORT COLBORNE — Port Colborne Historical and Marine Museum's newest exhibits showcase early businesses in the city and put people's brains to work.

Open for Business and Whatchamacallits and Thingamajigs are on display at the museum until it closes in late December.

Open for Business shows places like Tuck's Jewellers and businesses that

were to be open on West St. and the former East St., which was removed when the canal was expanded.

Whatchamacallits and Thingamajigs has a number of objects are from businesses that existed in the city, and all are unique. The museum at 280 King St. is open noon to 5 p.m. daily. There's no admission fee.



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Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDs (ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive affects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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LOCAL NEWS

■ **MUSIC:** Seasons sell out for past 30 years

Decades of success for local concert series

ALLAN BENNER
InPort News Staff

WELLAND — While other community concert organizations struggle to sell tickets, Welland-Port Colborne Concert Series continues to thrive after 66 years.

There's a five-year waiting list for season passes, and it has been sold out every season for about 30 years.

Welland-Port Colborne Concert Series publicity chair Cheryl Maurice said the success of the annual concert series is a result of a lot of hard work done decades ago by volunteers.

"They were calling people all the time, trying to get people to join," Maurice said.

She said ticket holders also have to buy season passes. There are no individual tickets available.

"We started bringing high-quality performers," she said, adding Dizzy Gillespie once performed as part of the concert series held at Welland Centennial Secondary School's auditorium.

"They were big names, and if you had at least one big headliner every season, people want to see them."

By keeping season passes affordable, she said most people don't mind paying for the full concert series even if they're particularly interested in seeing that big name performer.

This year, season passes for all six concerts are only \$140 for adults, and \$70 for students.

"The price is ridiculous," Maurice said. "And there's free parking. Imagine if you had to go to Toronto and pay for parking. And a lot of the acts that come here play in Toronto right after."

One exceptional performer included in this year's series is Measha Brueggogersman, who performed during the Vancouver Olympics.

"She's internationally known. She performs all over the world," Maurice said.

Although series organizers don't sell tickets to individual concerts, she said tickets to some shows may be sold by the season ticket holders themselves.

"There are always some of our members who can't go. So they call our membership chairwoman Hilma Belcastro and say their tickets are available."

Maurice said more information about the series is available at www.wellandportcolborneconcert.org.

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Soprano Measha Brueggogersman.

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LOCAL NEWS

FUTURE: NHS supervisor speaks to greater chamber of commerce

Community has role in planning health care: Smith

JEFF BOLICHOWSKI
QMI Agency Niagara

ST. CATHARINES — Health care in Niagara and Ontario will likely grow beyond the walls of hospitals, says Niagara Health System supervisor Kevin Smith.

He spoke on innovation in health care Wednesday to members of Greater Niagara Chamber of Commerce. As health care changes, he said, he envisioned a "sea change" to a broader network of integrated care providers.

That, he said, could mean services like ambulatory clinics, physiotherapy and antibiotic infusions could be provided within the community. As for hospitals, he said, "we will be an important player, not a silo."

While the NHS is dealing with a budget freeze imposed by the province, Smith said community-based care funding will jump 5%.

"I would say (we'll see) a much more integrated health-care network, as opposed to a hospitality-centred approach," he said.

Smith figured he will leave the NHS by year's end as a new board of directors takes power.

And he said he's hoping the Ontario Ministry of Health and Long-Term Care will agree to a special grant to get the ball rolling for a new hospital in south Niagara.

"We've made a request to the ministry to consider the site," he said, adding he hopes it will hand over a cash grant for planning such a new facility.

"They (grants) don't really exist

any longer," he conceded, "but I'm hoping the minister and the ministry will make one exception to that model."

Niagara chamber policy and government relations director Kihlio Mwanza said business leaders took away from Smith's speech that health care is evolving, and that the private sector has a role to play, whether it's coming up with technologies or providing services.

He said organizations like Pathstone Mental Health already fill important community niches.

"It seems the response has been exceedingly positive," Mwanza said of businesses's reaction to Smith's talk.

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